International Education Studies
www.ccsenet.org/journal.html
Vol. 1, No. 2
May 2008

Emotional Teaching

--An Effective Approach to Improve CET

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Abstract

As a matter of fact, many teachers and managements are puzzled about and not satisfied with the teaching results. They have no idea about the real reason. Actually, they pay more attention to recognition and less attention to the development of emotion of the students, which, to some extent, hinds the development of positive personalities of the students and at the same time has bad effects on the acquisition of knowledge. Language teaching is a process of many activities between teachers and students who are full of emotions. The learning process of the students is not only the one of the acquisition of language but also the one full of emotional experiences. So emotional teaching has its great importance in this process. This article discusses the importance of emotional teaching and the approaches to conduct it.

Keywords: emotional teaching, college English teaching, positive, negative

1. Introduction

Traditionally, exam-oriented education has a great effect on education at all levels in China. Teachers and managements pay more attention to recognition and less attention to the development of emotion of the students, which, to some extent, hinds the development of positive personalities of the students and at the same time has bad effects on the acquisition of knowledge.

Teaching process is a very complex one, which covers teachers' teaching and students' learning. There exist many factors, which have positive or negative effects on the course of this process, one of the most important of which is the emotion of the teacher and the one of the students. Emotion is a special reflection on reality. Human beings, during the course of recognition and creation of the world, have connections and relationship with reality. The subjects have different attitudes towards the things that possess different meanings to human beings, thus experiencing positively or negatively.

Emotion is an experience coming from the fact that whether the objective world meets the needs and desires of human beings. Some psychological studies showed that all the activities are followed by an emotional experience and at the same time are controlled by it. The pleasant emotional experience can contribute to active and positive imitation and repetition, accompanied by pleasure, satisfaction and love etc., while the unpleasant one can cause people to behave negatively, leading to anger, complaints and hate, etc.

Many teachers and managements put more emphasis on intelligence and less on emotions. They haven't realized the importance of emotions to English learning and other subjects, thus leading to the results surprising the teacher who devotes all his or her time and energy to his or her teaching.

2. Emotion

In the studies of non-intelligence factors, emotion is a non-intelligence factor, which has much weight in the activities of intelligence and ability. Thus, the improvement of stability of emotion should be paid more attention to while intelligence and ability are being improved. Otherwise, the improvement of intelligence and ability becomes difficult.

Teaching, from the point of view of inner development, has two tasks: one is what is called hard task, including instructing, training and developing intelligence; another one is to cultivate students with positive emotions, which is called soft task. Both of them cannot be ignored.

In the course of study, students, on one hand, have to do studies of recognition; and on the other hand, they have to study emotionally. Both are closely connected, and if they are combined with each other, students can thus develop the initial happiness attained in the intelligence and ability activities into an intelligence process full of enthusiasm, improving their achievements positively.

The emotion in English language learning means the attitude toward English and the use of English, the point of view toward the relation between native language and foreign language and the relation between the native culture and the culture of the language he learns.

Emotion can function as a drive or a resistance for learning. Basic emotions include happiness, grief, anger and fear and so on. Positive emotions can encourage the students to have more interest in learning, thus stimulating their intense learning motivation.

The strength of emotion has a close relation with the activities of intelligence. Too low or too high level of emotional awaking is no better than moderate level of emotional awaking. And the relations of the nature of emotion with intelligence and abilities are as follows in Emotional Teaching: positive emotion contributes well to the operation of intelligence and abilities, while negative emotion is not good for their operation. Positive emotion, such as cheer and excitement, can activate one's vigor and also drive people to take active actions. In contrast, negative emotion, such as grief and pain, can recede one's vigor and restrain one's actions.

3. The Effects of the Emotions of Teachers and Students on Teaching Quality

Teaching process is the one which covers greatly the emotions of teachers and students involved. Because of the side effect of oriented-exam education, many teachers and managements pay more attention to intelligence and less in emotions. Teachers who commit to their work and are full of enthusiasm can make their students around to catch the enthusiasm too. The students can be positively affected by their teachers and the students are more willing to learn what their teachers teach them. The students with the teachers who are always complaining are less motivated to learn. If the students cannot live up to the expectations of the teachers, the teachers will lose their heart in what they are doing, thus leading to the fact that teachers are not devoting to their work and students not to their studies. Anybody can imagine what will happen in such a case.

4. Emotional Teaching

By emotional teaching we mean that teachers, in the course of teaching process, bring emotions into full and active play as well as take recognition into full consideration to achieve teaching goals, thus strengthening teaching effect; that is to say, teaching can be improved by exercising positive and active emotions. Emotional teaching is an important part of the whole teaching process. And once the teaching methods touch the fields of students' emotion and will, they can be brought into efficient functions.

English language teaching, in some sense, is the emotional communication between the work, teachers and students. According to the English text content, the teachers convey the emotion of the work as well as his or her own to the students, creating sympathetic responses and completing the feeling communication between the three parts and improving language teaching quality.

5. Approaches to Emotional Teaching

There are many ways to conduct emotional teaching in English language teaching.

5.1 The sense of success

The sense of satisfaction comes from success and also the effort on work comes from seeking for success, which can be said to be one of the basic motivations of human beings. Psychological satisfaction with success in studies is a positive emotional experience, which can motivate one to seek for success; while failure in work serves as a heavy hit on personal efforts. Therefore, let the students know they are progressing and arouse their strong desire for knowledge in the bottom of their heart. The sincere words of praise at the right time can make them have the sense of success. Once they are aroused, there is no stopping them from learning aggressively.

5.2 Body languages

Everyone likes to stay with a kind person of knowledge, that is to say, if you like the person, learning from him is no more a problem. Teachers in class with a smile on their face can signal the students that they are liked, and once they are liked, they are feeling encouraged, and when they are encouraged, they will listen to their teachers in class more attentively. Smiling can remove one's grief and relieve one's pains. This kind of facial expression has a great effect on people's heart and a joyful heart can lead to efficient memory. Moreover, other body languages, such as raising one's eye-browse and nodding which mean praise, can also communicate positive emotions to their learners. Nobody likes to be denied, which is universal. Eye contact is another way of conveying emotions to the language learners. Eyes, the window of the mind, can convey emotions either positively or negatively. The students should get more positive information instead of negative. The survey conducted by the author shows that if they have positive eye contact with the teacher, the students will be more attentive in class, especially the eye contact with a smile on the teacher's face.

5.3 More friend than teacher (Building positive relationships)

The teacher has to be a friend in class with his or her students. They get along well with each other. If the teacher is

accepted by his or her students, it is much easier for him or her to convey his or her ideas, and the students are more willing to listen to him or her. This is what we call “love the teacher, love to listen to and learn from him”. Nobody likes to listen to a person who is a wet smack. On one hand, the teacher is greatly strict with his or her students in class; on the other hand, he or she should instruct or discuss the problems just like a friend.

Remembering the student’s name is another way to make his or her students feel that they are important and respected by their teacher, thus improving the relationship between them. Everybody wants to be liked and respected. According to our survey, the name is very important to them, of course to us all. If the teacher can call the student the name, the student will be very glad and has the sense of honor, and is more likely to pay more attention to what the teacher says in class and learn and remember what he hears more quickly and efficiently, which is proved in the author’s English classroom teaching, thus advancing his achievements.

6. Conclusion

Emotional teaching is one of the important ways to improve teaching results. More attention to intelligence and less to emotions will cause many surprising results. The nature of learning and teaching is a happy feeling. Only if combined with emotional teaching can they be more efficient and effective no matter how efficient and wonderful teaching methods are,

Learning process is the process of communicating emotions between teachers and students. As the teaching practice shows that the interest in learning must be built on the basis of emotions of the teacher and the students. Once the students feel the kind emotion from the teacher, they are more likely to think more independently and communicate ideas with their teacher.

Teachers should take into account the cognitive factors in the process of teaching, and at the same time take full advantage of the active and positive functions of emotional factors, thus perfecting teaching targets and strengthening classroom teaching effects. Learning process is not only a means but also a purpose. The nature of learning and teaching lies in the pleasure and happiness.

The true success of emotional teaching can enable students to function socially and emotionally within the classroom. After all, if a student can learn to function well in a classroom, there is a strong chance that success will follow into the ensuing social life.

Teaching requires emotional connection. And the best teachers are those who connect emotionally with their students.

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